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WHERE ARE YOU DIRECTING YOUR ENERGY?

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Malorie Mackey is an actress, host, and writer living in Los Angeles, CA. Malorie's first book was published in 2017 and her short story "What Love Has Taught Me" has been published in the anthology "Choices." You can find Malorie's travel content on dozens of digital media platforms. Check out www.maloriesadventures.com for more. Malorie's adventures don't just encompass physical adventures. She has been a student of intuition since she was a teenager, studying at Edgar Cayce's A.R.E. In 2019, Malorie discovered the Monroe Institute while filming her travel show. Since then, she has been studying the art and science of consciousness through many different programs and life experiences.

As we aspire to grow in different aspects of our journeys, the first step to success is to lay the foundation by planting the seeds for what we want to grow. This seems pretty simple, but I have a fun metaphor to explain this that goes back to one of my first experiences with Monroe Institute, when I learned about manifestation through the at-home course called **SyncCreation**.

When I participated in the SyncCreation workshop during the pandemic, one of the most interesting and beneficial parts of it for me was the Growing Seeds exercise. I was provided a bag of wheatgrass seeds, which I separated into three groups:
One was used as a control group. These seeds were left alone, aside from being watered daily.

My second group was watered daily and kept next to the control seeds; however, I moved them next to me each day to be in my energy as I meditated, and moved them back afterward.

The final group of seeds was watered daily, kept next to the other seeds, and held in my hands during my daily meditation. I focused on them, imagining a healing white light transmitting from me into the seeds. In other words, I would focus on transferring my energy to them daily.

After a week of watering them at the same time and conducting my meditation with the second group of seeds near me and the third group of seeds in my hands, it was time to review the results—which to me were mind-blowing. The control group had sprouted a few roots, but no grass had grown. The second group that I kept nearby when I meditated sprouted not only roots but also some actual wheatgrass. However, the third group of seeds—the ones I meditated with and focused my energy on—flourished! Not only did these seeds grow a web of roots, they also sprouted a lot of wheatgrass blades. This exercise clearly demonstrated that where we put our energy matters. Where we plant and focus on our seeds will be the areas of our lives that flourish best.

This goes beyond just the physical world; the same goes for our nonphysical endeavors. The places in our lives that receive the best of our energy and attention are the ones that will grow the quickest and thrive the strongest. I see where I'm placing all the seeds for my future, and they are slowly growing. Now I'm just waiting for the seeds I planted to bear fruit.

For instance, say that you've written a book. If you just complete it and leave it alone, it will not grow much past that. You have a book you can share with family and friends, but without your energy and attention, it's not going to flourish. But if you reach out to publishers with an inquiry, contact local stores about getting the book on their shelves, and try to book events where you can sell your book, the more likely it is to flourish. The more you devote your time and energy to promoting the book and focusing on this facet of your life, the more likely it is to become successful.

The same can be said for any of our career endeavors, or our personal relationships. The friendships that thrive and grow the best are likely the ones we take the time to put our good energy into more regularly.

So, reflecting on this exercise and what it taught me reminded me of the importance of personal energy management. Both physically and metaphorically, it matters. Be mindful to check in with yourself, especially in your meditation, and decide what's important to you in your life. Take note. Also note what no longer serves you. With this information, you can decide where you should be directing your energy over the course of your month or year.

These priorities may change and shift, and that's perfectly normal. Just never forget that your energy is a gift. How do you use your gift? Does where you invest energy sync with what you'd really like to experience? Choose wisely and good luck!